

Coping Styles with Stress in Nursing and Midwifery Students

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ABSTRACT

In the present year, attention has been paid to the nursing and midwifery students, especially when it comes to stress and coping strategies. Understanding the coping styles offered by students enables college officials to become aware of the needs of their pupils, the guidelines, and the training of their counterparts. This study aimed to systematically review on coping with stress in nursing and midwifery students was done. Data searches were conducted using stress keywords, coping styles, and nursing and midwifery students. The sites under study were database of Iranian Medical Sciences Articles (IranMedex), Scientific Database (SID) Pub Med, Mag Iran., Scopus. The search of the above mentioned database was carried out from July to September 2019. Nineteen studies were studied with the aim of investigating the relationship between stress and aggression in nursing and midwifery students. Finally, the types of coping styles in nursing and midwifery students were examined in three areas of problem-centered, emotion-focused and avoidant. In general, the use of emotion-focused styles was more than problem-focused responses, while the use of such styles had a transient role in reducing stress. Therefore, it is suggested that educational managers and planners consider promoting problem-focused coping skills in students.

Keywords: Stress, Coping Styles, Nursing and Midwifery Students.

INTRODUCTION

The student's life-affirmation brings about a sense of parenthood, coping with prejudice, and the existence of a lot of stress, (1). So that most of the students during the students with busy thinking about payment of fees, working while studying, living in the dorm, getting along with roommates, taking courses, doing homework and fulfill the expectations of the family that all these causes They are stressful and harmful to humans (2). Among the students, the students are experiencing groups of stressors (3). Chang et al. Stated that the sources of stress in nursing and midwifery students include issues related to labor, high-income work, and related issues(4). There are three factors that make up one of the following factors: The large number of students in a link ineffective between educators and students, the lack of transparency purposes of training, lack of permanent instructors in part, the lack of readiness to students when attending the patients, fear of contracting infectious diseases, lack of access to care items From the patient's point of view, there is a lack of access to the emergency room, self-care facilities, family away, and lack of satisfaction with the course(5). In the present years, however, attention has been paid to the antitrust and antitrust remedies and has been shown to have a comparative advantage

(4,5). Stress-like coping styles are designed to bring individuals into an unstable state (6). Effective moderated emotions will be mitigated if stress is (7). Interactive styles reduce my work stress and manage my internal and external auditory abilities (8). My intimacy is for the sake of being healthy and mentally fit in stressful minds and has a greater impact on people's well-being and mental well-being (9). Understanding the coping styles offered by nursing and midwifery students enables school officials to become aware of their students' needs, teaching guides (10). The study was conducted with the aim of systematically reviewing the anti-stress scales in nursing and midwifery students.

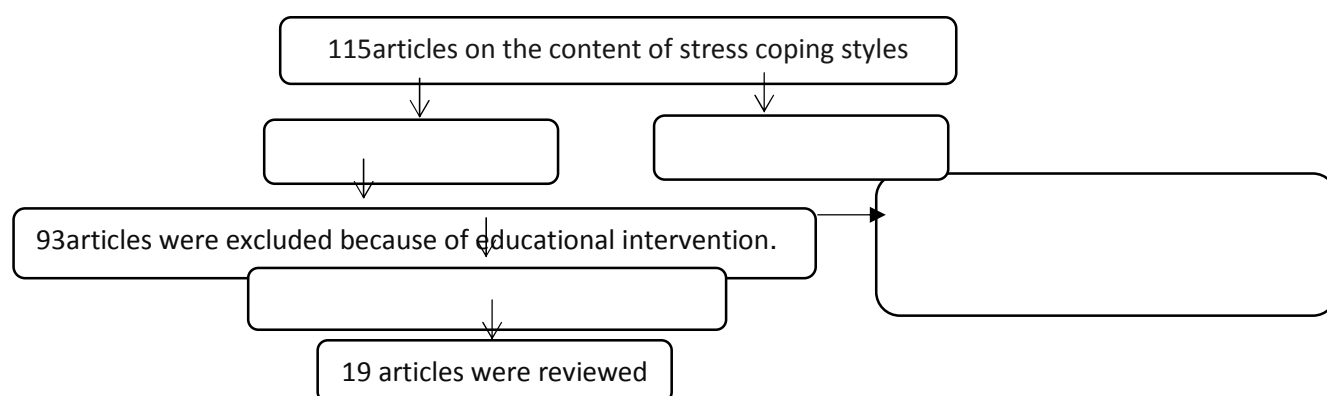
METHODS

This systematic review was designed to identify and collect studies that examined the types of coping styles in nursing and midwifery students. Therefore, electronic search of the databases was performed using stress keywords, coping styles, nursing and midwifery students from July 2019 to September 2019. The databases were Iranian Medical Science Database (Iran Medex), Scientific Database (SID), Pub Med. Mag Iran, Scopus. Inclusion criteria: Studies examining coping styles in nursing and midwifery students have been published between 2010 and

2018. There were also exclusion criteria for intervention studies that used coping styles as a framework for coping with stress in students. According to the inclusion criteria and study design, the articles were reviewed and articles that were not of the required quality were excluded from the study for the purpose of the study. All ethical considerations regarding the correct use of the extracted articles and the standards for publication of the work were respected.

RESULTS

After searching the databases and extracting a large number of articles by title and abstract, 115 articles (88 articles in Persian and 27 articles in English) were reviewed, of which 93 were due to educational intervention. Had been deleted. Twenty-three articles were examined in more detail, 4 of which did not specifically address coping styles in nursing and midwifery students. Finally, 19 articles were included in this review review.



Finally, the types of coping styles in nursing and midwifery students were examined in three areas of problem-centered, emotion-focused and avoidant.

DISCUSSION

Because of the transient nature of student life, students are exposed to many stressors that affect their health and performance (11). These factors are more common among nursing and midwifery students due to specific geographical and regional characteristics (12). In the problem-oriented coping styles, the person is trying to minimize the effects of the problem. These styles are associated with good health circumstances (13). But the style of coping with conditions such as depression and anxiety and poor healing related diseases (14). In the ineffective coping styles, including styles and emotion-focused and driven avoid syndrome, cognitive, emotional, behavioral and physical There is a significant positive correlation. In this case, the rate of use of light is increased, the severity of symptoms, cognitive, emotional, behavioral and physical stress increases. Those against daily stresses ineffective coping styles such as emotion-focused and avoidance-oriented style of use not only not reduce stress, but they also increased (15). At the same time, there is a significant relationship between stress and anxiety symptoms, with a more equitable approach to problem-centered coping strategies (16). So use effective coping styles, including inhibition of person-centered coping style and source of stress and its symptoms will help. According to the findings of the

studies, in terms of determining the most common pattern of stress coping, the average score of emotional-focused reactions was higher than problem-focused responses (17, 18). In other words, emotional-circuit responses were used at a good level and weak-level orbit problems by. While the use of such styles has a transient role in reducing stress (19); Therefore, it is recommended that educational managers and planners focus on improving problem-centered coping skills among students and by conducting effective coping workshops and planning student counseling as an effective step towards improving the health of students who are future-makers of the country. Are, be removed. Since families are the most important source of support for the students under study, educational programs can be implemented at the community level for stress management so that families are introduced to and help their children.

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